



## 10 Easy Ways to Use Less Plastic

- 1. Do not litter** Each year, an estimated 18 billion pounds of plastic waste enters the ocean, contaminating our waters and killing marine life. Hold onto your trash until you find a garbage receptacle.
- 2. Ditch the straws** Plastic straws are unnecessary and make up about 4% of the plastic waste that hits the waters every year. If you need to use straws, metal and glass reusable ones are readily available.

### **3. Pass up plastic bottles**

A million plastic bottles are bought around the world every minute and about 90% of the bottles end up in our landfills or at the bottom of the ocean. Invest in a refillable metal or glass water bottle. They are far better for the environment and for your health.

### **4. Bring your own coffee mug**

Coffee cups are mostly non-recyclable due to their inner plastic lining and plastic lids. Bring your own coffee mug! Choose a mug that is both functional and stylish to make the transition easy and enjoyable.

### **5. Use reusable shopping bags**

Like plastic bottles, plastic bags almost always end up in our landfills and in the ocean, leaching dangerous chemicals and taking hundreds of years to break down. Bring your own reusable shopping bags to the store. Keep them in your car for easier access!

### **6. Avoid plastic packaging**

About 40% of all plastic produced is used in packaging, and much of that is used only once and then discarded. Bar soaps, boxed detergents, and buying in bulk are great ways to reduce plastic consumption. While you are at it, give up plastic plates, cups, and other single-use utensils.

### **7. Seek out natural fibres for clothing**

40% of the microfibres in our discarded clothing enter the ocean, destroying marine life and poisoning the food chain. Seek out natural fibres for clothing and bedding. Materials like organic cotton and industrial hemp are great options for long-lasting, high quality wear.

### **8. Check your skincare products**

Microplastics and microbeads contained in your cleansing products are too small to be removed by the sewage filtration systems. Check product labels to see if the products are certified microplastic free. Avoid ingredients like 'polypropylene' or 'polyethylene', indications of the use of plastic beads.

### **9. Rethink plastic storage in your kitchen**

Store your food in glass containers and beautiful mason jars in the kitchen and stainless steel lunch containers for food on the go. These options are much healthier for you and for the environment.

### **10. Recycle your electronics**

As technology grows at a quicker pace than ever before, more and more electronics end up in our landfills and in the ocean. Locate a community recycling centre or visit [recyclemyelectronics.com](http://recyclemyelectronics.com) for a convenient drop-off location near you.